SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 15 SHOPPERS DRUG MART

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JUSTIN BIEBER DISCOVERS THE NEXT ... JUSTIN BIEBER ... (SIGH)

A GIRL VERSION. THE BIEBS TWEETED A YOUTUBE VID OF MADISON BEER AND MADE HER FAMOUS PAGE 14

Storms are a turn off in the life of insects

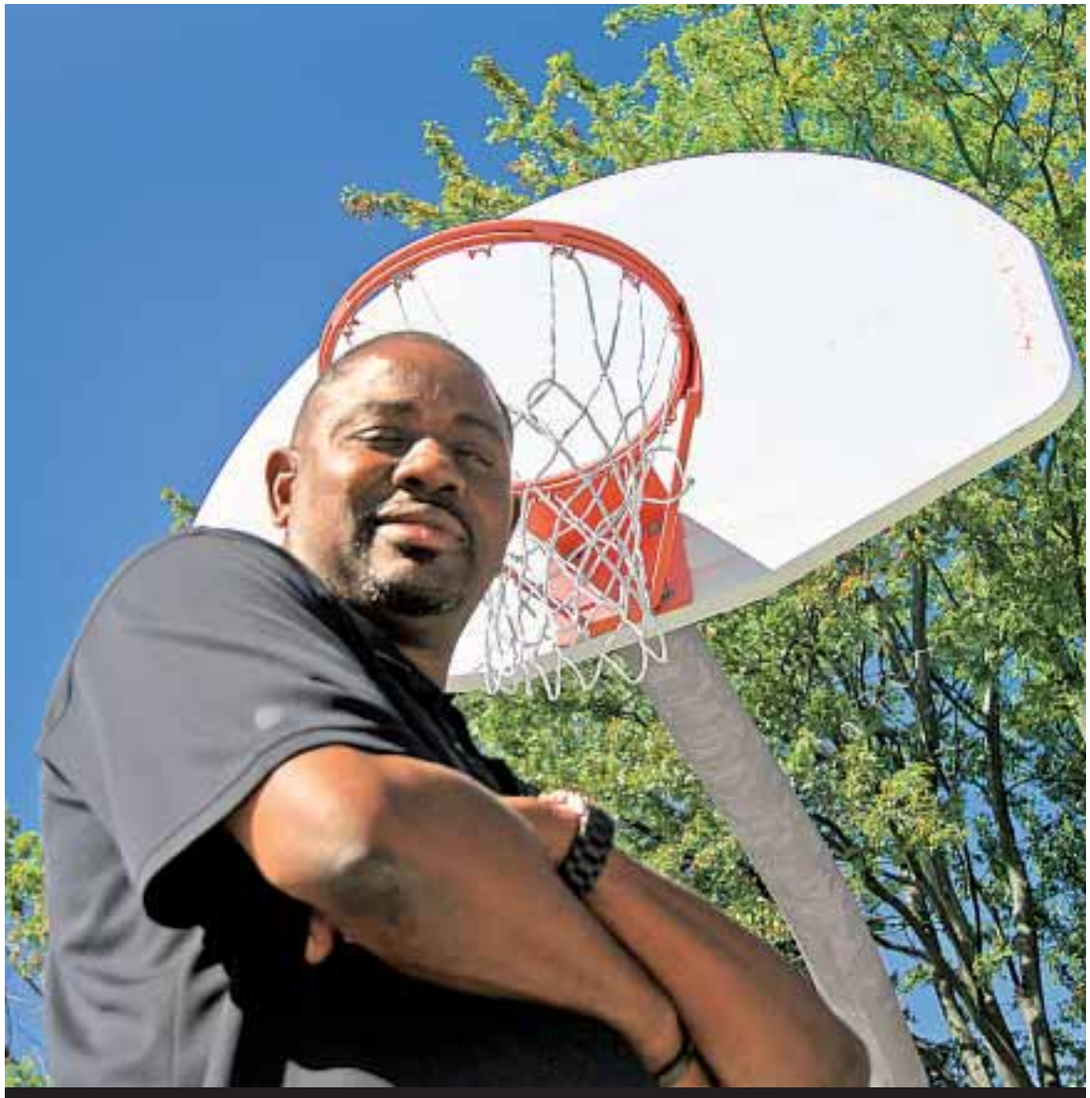
Western researchers find that a storm, or even rain, can be a major mood killer in a bug's sex life PAGE 3

Husband accused of killing 4 sons

A 60-year-old Canadian man was arrested in Somalia after children were beheaded PAGE 9

Finally, some good news: Filthy rich are getting richer

Affluent say they've bounced back from '08 crash. Yay. PAGE 10



Former NBA all-star Micheal Ray Richardson is all set for year three with the London Lightning basketball team, which he coaches.
MIKE DONACHIE/METRO

Lightning ready to strike: Coach

NBL. London team is back in town, 'looking for a three-peat'

DAVE LANGFORD
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The sheriff is back in town — and he's keeping the message simple.

"I am so happy to be back," London Lightning basketball head coach Micheal Ray Richardson said Wednesday. "And we are looking for a three-peat."

Strong words, but who is prepared to argue with the former NBA all-star who's set to begin his third year as the London Lightning head coach.

He's gone two for two in National Basketball League of Canada championship runs.

The Lightning open camp at 4 p.m. Sunday at the downtown YMCA, their usual home away from home for training camp and regular-season practices. Their first league home game is Nov. 2 against Mississauga Power at Budweiser Gardens.

Richardson said the team is more than ready to take on all-comers this season.

"Probably going to be our best training camp. We are really, really strong in all three positions," Richardson said.

Richardson said he always enjoys returning to London, and Canada — where he makes his winter home.

"I live in Oklahoma part time, in New York part time and Canada part time. Just all over."

Does he like London?

"I think there's great people here," he said. "It's a great city, it's a safe city, and the people here love a winner."

Oh, and he has one more message.

"I knew that it was a hockey country," Richardson said. "But now it's going to be a basketball country."

For more coverage, see page 21

Quoted

"I knew that it was a hockey country, but now it's going to be a basketball country."
Micheal Ray Richardson

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Launch pushed back

Fanshawe's downtown campus delayed ... again

Fanshawe College students won't be hitting the books on Dundas Street until the start of winter term.

While construction on the school's Centre for Digital and Performance Arts will be mostly completed by mid-to-late October, "many finishing touches may remain to be completed after that time," officials said in a statement released Wednesday.

The 50,000-square-foot building at 137 Dundas St. was expected to open at the start of the 2013-14 school year. The launch was then pushed to mid-October because construction was running behind.

Fanshawe leaders toured the building again this week to get an update on where things stand.

"Based on discussions with its Academic Services leaders, the college feels that it would be better to plan the move for the start of the winter term when the property will be fully complete, and when it poses the least amount of possible disruption to students and their studies," the Wednesday statement said.

About 400 students are expected to attend classes at the centre, the first leg of the college's downtown campus. The building will be home to a number of creative programs, including 3D animation and character design, interactive media design and production as well as technical costume design. METRO

Council compensation review task force vice-chair Jennifer Tozer, left, and city clerk Cathy Saunders during a discussion at the task force's Wednesday meeting.
MIKE DONACHIE/METRO

Councillors' tax break under threat

Vote. Pay review body recommends ending one-third tax allowance

MIKE DONACHIE
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A special tax break for council members could come to an end after an influential group agreed to ask for it to be removed.

Under current rules, members of council and the mayor of London pay no tax on one-third of what the city pays them.

The council compensation review task force voted Wednesday night to recommend that perk is ended.

The meeting heard it was an outdated rule brought in as a reward for councillors before they were paid as they are now.

And the public is not happy about it. In a survey of 1,435 London residents, 57 per cent said the tax break shouldn't continue.

"Ordinary working people pay taxes," said task force vice-chair Jennifer Tozer, who said those ordinary people don't understand why councillors pay less than them.

A vote on the subject was deadlocked at two votes each, and the casting vote from chair Brian Orr went against the tax break.

The task force's recommendations to council will ask for the one-third allowance to be dropped forever, but council itself has the final say.

Another meeting of the group next week will address how much is paid to councillors and the mayor, but the discussion suggested members were in favour of an increase to compensate for the lost tax break.

Current pay

- **Councillors:** $33,465
- **Mayor:** $104,258

On the web

For more local news go to metronews.ca

Western researchers look at a bug's sex life

Hey sexy! Researchers at Western University say bugs curb their carnal urges when stormy weather is on its way. GETTY IMAGES

A little rain can put a real damper on a bug's sex life, says a new study led by researchers at Western University.

Curious about folklore that suggests animals — even humans — physiologically sense coming storms and alter their behaviour accordingly, biologists Jeremy McNeil and Christopher Guglielmo, in conjunction with researchers at the University of Sao Paulo in Brazil, studied the mating activities of insects under changing atmospheric conditions.

They tracked sexual behaviour under stable conditions, falling air pressure and increasing air pressure of three different bugs: the curcurbit beetle, the true armyworm moth and the potato aphid.

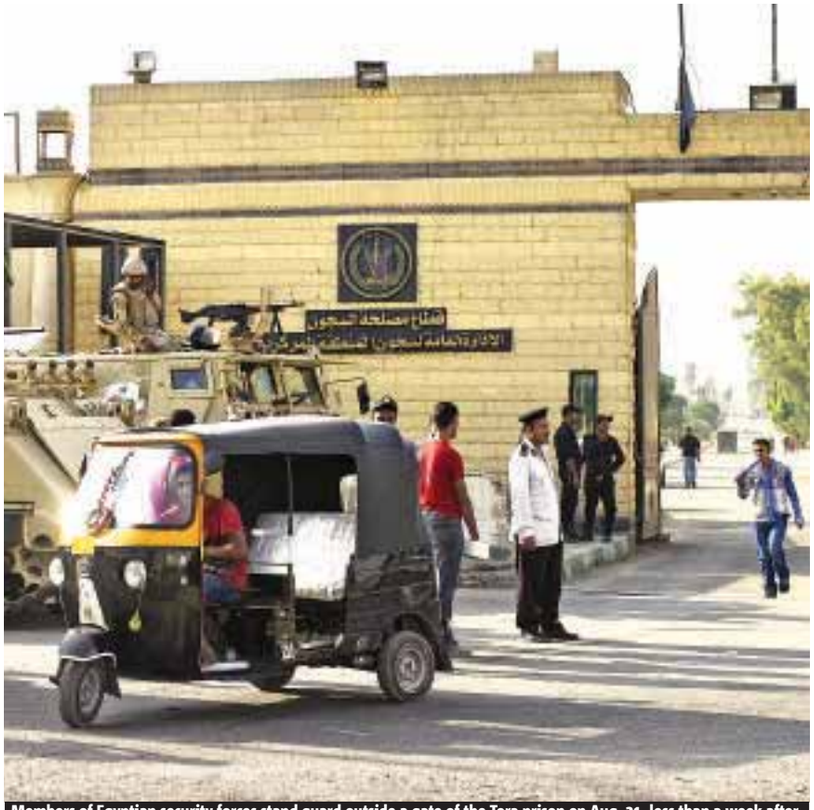
What they found was that all three sensed a drop in air pressure signaling impending rain and chose self-preservation over sex, curbing their carnal urges.

"Decreasing atmospheric conditions means storms, so you're going to have wind and rain and everything else," McNeil said. "Well, if you're the size of an aphid, which is a very tiny sap-sucking plant-feeder, a rain drop hitting you while you're sitting on the edge of a leaf holding on with only two of your three pairs of legs is pretty damn dangerous."

With a storm on the horizon, the male curcurbit beetles were less interested in females and made fewer courtship efforts. Basically, they cut out the foreplay.

Among moths and potato aphids, females significantly reduced their calling behaviour when the atmosphere foretold of rain, and mating activity declined.

THE CANADIAN PRESS



Members of Egyptian security forces stand guard outside a gate of the Tora prison on Aug. 21, less than a week after London's Tarek Loubani and John Greyson were taken there after their arrest in Cairo. GIANLUIGI GUERCIA/AFP/GETTY IMAGES

'This is going to be a case of surprises'

Two Canadians still behind bars. Western University expert weighs in on Loubani, Greyson fight in Egypt

SCOTT TAYLOR
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Western University law professor Michael Lynk, an expert in Middle East law, knows the gravity of the situation facing London doctor Tarek Loubani and filmmaker John Greyson.

The men are behind bars in the notorious Tora prison and face the possibility of murder charges.

Lynk is optimistic the Egyptians will bow to Canadian diplomatic pressure and release the men, but the pessimist in him fears the worst.

Here's a look at what he said on a variety of issues surrounding the men's case:

What might happen?

"The Egyptians might decide there is serious trouble these two are involved in and they're ... not going to budge on this until it goes through the court system," Lynk said. "The pessimist would say things look bad. The slow, grinding wheels that is the Egyptian judiciary process is going to mean they'll be there for some time."

The Egyptian judiciary process

"It's under-staffed; corruption is a part of the system; there's much more political interference and involvement and influence than there is here," he said. "So all those things count against them."

Canada's role

"It can mobilize our consular staff in Cairo; it can mobilize our ambassador; it can mobilize our foreign minister to continually raise the issue and put it in front of the Egyptians," Lynk said. "All this, I understand, is being done."

Stephen Harper's role

"About the only card we haven't played, from what I understand, is having Stephen Harper pick up the phone and either speak to the interim Egyptian prime minister or the military chief, who is the real de facto power in Egypt," Lynk said. "I don't know what the reluctance is, but either it's the last card they have to play and they don't want to play that card until it's going to be effective or there's a reticence to get involved with two Canadians who may not deserve their help."

A possible outcome

"My instinct is this is going to be a case of surprises, that it'll be sudden decisions that no one saw coming, either to press charges or to suddenly release them," he said. "If it's to press charges, they're probably doomed to be there for some time."

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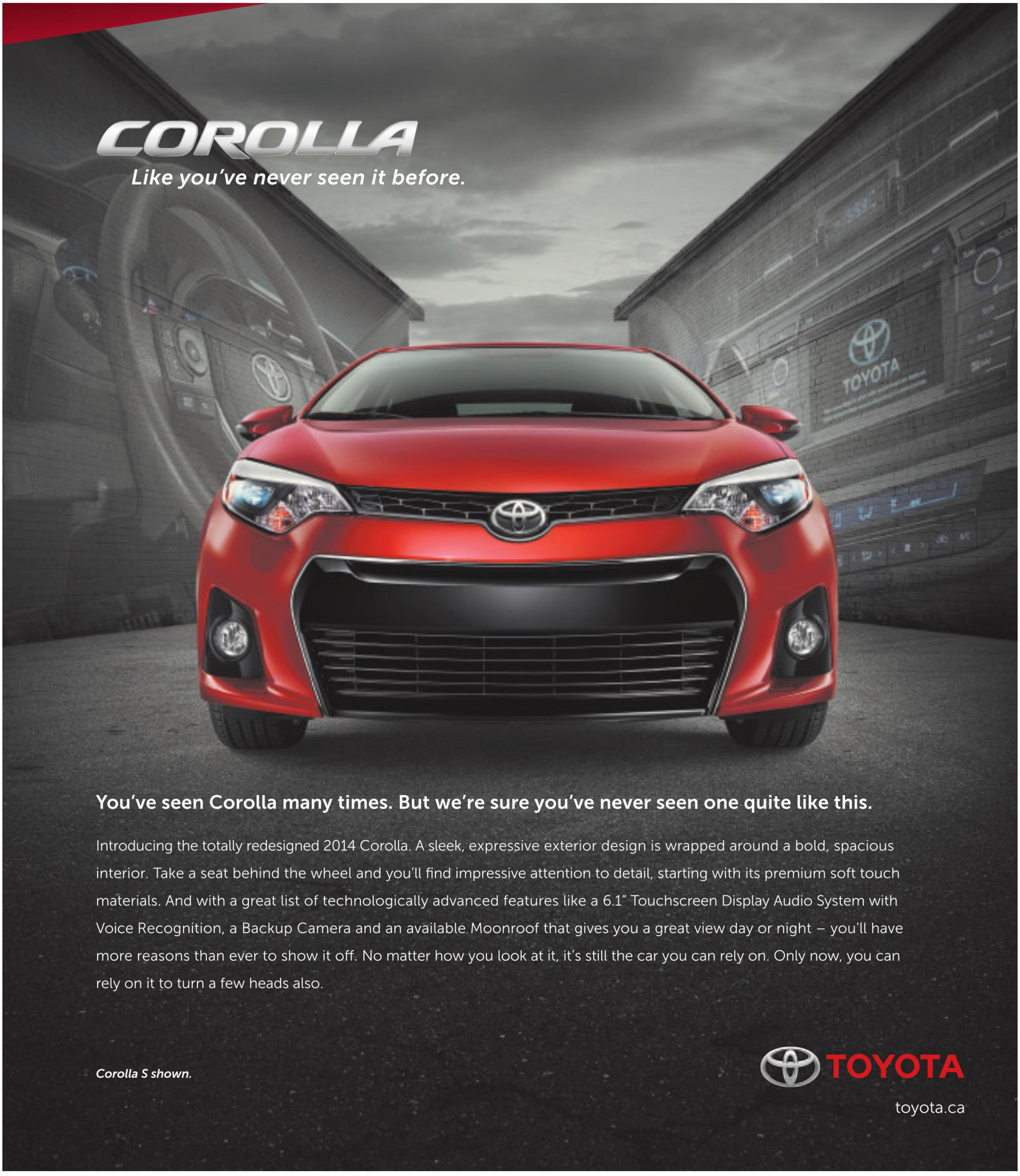

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Corolla S shown.

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Cancer. Public urged to rally in support of woman with brain tumour

Londoners are being asked to join the fight to save a young woman from cancer.

For more than five years, Carly Lomas, 26, has been battling a glioma brain tumour.

"She's had two surgeries, chemo and radiation but they haven't been able to get rid of it," said supporter Jenna Goodhand, who's organized a fundraiser for this weekend. "There's one last treatment that they want to try on her, but it's tens of thousands of dollars and it's not covered by OHIP.

"She's at a very critical point right now, and we're trying to raise some money to help pay for this treatment."

Goodhand, a life coach at the Hive (1352 Wharncliffe Rd. S.), is asking people to join a community garage sale at the centre on Saturday. People can rent a table at the event for $15 by calling 519-854-0566.

Carly Lomas COURTESY DANIELLE DA SILVA

Lomas is a student at the University of Waterloo and she lives in Goderich. Similar fundraising events have been organized across southwestern Ontario. MIKE DONACHIE/METRO

Votes. Tories want limits on third-party spending

Tory Leader Tim Hudak says unlimited spending by third parties, such as the Working Families Coalition, during provincial elections is warping the democratic process.

The coalition, which includes unions representing teachers and nurses, spent $2.1 million on ads attacking Hudak during the 2011 election campaign.

"Democratic elections should not be for sale to the highest bidder," Hudak said. "But that's exactly what is happening in the province of Ontario."

A private member's bill, put forward by Progressive Conservative MPP Rick Nicholls, says spending by special-interest groups should be limited to $150,000. TORSTAR NEWS SERVICE

Woodstock. Police charge accused bus flasher

Police say they've arrested a man who's been exposing his genitals on a Woodstock city bus.

Milton Toledo Rodriguez, 52, was arrested and charged Wednesday with an indecent act involving a person under the age of 16. He's scheduled to appear in court Nov. 12.

The arrest was made, police say, after the man exposed himself to the victim on multiple occasions in the past month.

Police are looking for witnesses. Rodriguez is known to wear baggy grey sweatpants along with a grey and black hoodie. He also carries a backpack.

Anyone with information should call police at 519-537-2323 or Crime Stoppers at 800-421-8477. METRO

Oct. 19

Sexual trafficking the focus of event

An education and awareness event entitled It Happens Here is to be held by Men Against Sexual Trafficking in response to charges laid in London this summer.

With support from members of the London Anti-Human Trafficking Committee, the group is planning the event for the evening of Oct. 19 in the Salvation Army Citadel at 555 Springbank Dr.

Speakers will include outreach workers, law-enforcement officers, abolitionists and a local survivor of sex trafficking.

Admission is free, with donations to go to local campaigns. METRO

Grease suspected in house fire

No one was hurt when a small fire broke out in this house at 462 Adelaide St. N. Wednesday afternoon. The cause of the blaze is under investigation, but it's believed to have been sparked by grease on a hot stove. A damage estimate was not immediately available. SCOTT TAYLOR/METRO

Josh Morgan for mayor? Maybe

Consultation. Potential candidate asks public if he should run for political office

Will he or won't he?

There's a big decision on the table for Josh Morgan: Should he run for mayor next year?

The decision, he says, doesn't rest with him. It rests with the public.

"I need to have a real, serious conversation with the community about what role I could and should play, and what kind of city we want to build," Morgan said. "It requires stepping back from your ego."

Josh Morgan TWITTER

Morgan's never been elected to office, though he once worked for Liberal MP Sue Barnes and was on the ballot for council. But people in "diverse political parties" have asked him to consider running for mayor, Morgan says. He's not saying who.

He insists he hasn't decided to run, and he's taking a page from the London Public Library's book to make up his mind. The library took on a widespread public-consultation project this summer, and that's what Morgan is doing now.

He's written a blog post at josh-morgan.blogspot.ca, explaining his thoughts at length and asking people to get in touch. He also plans to knock on doors around the city to see what random people think.

"If I feel at the end of that that me running for mayor is the best way I can contribute to the city, then absolutely that's what I'll do," said Morgan. "This is not the time to be egotistical and proud."

He also says he might support another candidate who "shares his vision" to avoid splitting the vote and ensure the best result, as he sees it. MIKE DONACHIE/METRO

Background

- Josh Morgan is 35 years old and originally from Surrey. He moved to London in 1998 to attend Western University and now works at the school in an administrative role.
- He's chair of the London Public Library Board and a member of the Western Fair District. He's also a member of the senate at Western.

High-risk cancer screening proves critical

Women who are most likely to develop breast cancer are seeing the disease caught earlier as part of a specialized Cancer Care Ontario screening program, the agency says in a new report.

Since 2011, 35 breast cancers have been detected in more than 2,200 high-risk women screened as part of a specialized program run by the government agency.

That boils down to a detection rate of 16 cancers per 1,000 women, and compares to average rates of three to four per 1,000 women in the general population.

"The addition of MRI to routine mammography has proven invaluable in cancer detection for these patients," said Dr. Derek Muradali, radiologist in chief with Cancer Care Ontario. "One of the cornerstones of the program centres on the ability to navigate these women through an often complicated path involving genetic testing, counseling, follow-up tests and biopsies."

The program is the first high-risk screening program of its kind, according to the agency. METRO

By the numbers

34,000

The number of Ontario women 30 to 69 years old at high risk for breast cancer, according to Cancer Care Ontario.

Local firm providing prayer space

'A big step'. Muslim employees in particular grateful for room to practise their faith

A London software company has turned a small investment into a large return by doing nothing more than giving their employees a little room.

Autodata Solutions and Chrome Data Solutions, a boutique software firm specializing in the automotive industry, designated a room in its Saskatoon Street office for prayer. The move came after executives learned that some Muslim employees were having difficulty finding space to practise their religion.

"It's a small room, but I think it's a big step that's rarely been taken in Canada," said Adnan Saadeddin, a Muslim web developer with the company.

"And, actually, it shows appreciation for me, too, because this isn't something small. For me, it's very important."

The room is non-denominational, which means anyone can use it, but Muslims are required to pray five times a day so they're the ones using it most.

"The Muslim population is constantly growing in London," said Abdul Habib-Habib, operations manager at the London Muslim Mosque.

"Businesses that offer a multifaith prayer room give us the opportunity to practise our faith and feel more comfortable at work."

He said it only takes about 10 minutes out of their workday, so it doesn't hinder an employee's time on the job.

Madeline Ng, Autodata's senior human-resources consultant, said plans to open the prayer room were developed in the past year.

"We had some initial discussions with our executive team because I had been getting a lot of requests from some of our employees for this accommodation, and we absolutely want to accommodate them," she said.

Previously, designated rooms were booked for prayer, but that often meant moving chairs and tables around before and after they were finished. SCOTT TAYLOR/METRO

In numbers

15,780

Number of Muslims living in London in 2011, according to the City.

Ingenuity required

'You do what you have to do'

It's a culture clash that's slowly righting itself, but for Muslims, praying in the Western world can and often is an exercise in ingenuity.

"In some schools, they have to pray beneath the stairs," said Abdul Habib-Habib, operations manager at the London Muslim Mosque. "When I worked at a gas station, I had to pray in the storage room.

"That was very difficult because you're the only person working there, so there's no one to cover for you. You just go in and pray very, very quickly."

He also prayed in the utility room when he worked at a retail store and knows of others who pray on the side of streets and elsewhere. "You do what you have to do," he said.

SCOTT TAYLOR/METRO

PRAYER ROOM
"When you have a nice, clean room that's designated for prayer, it shows that our employer cares about us."
Abdul Habib-Habib, operations manager at the London Muslim Mosque

Adnan Saadeddin in the new prayer room at Autodata Solutions and Chrome Data Solutions in London. SCOTT TAYLOR/METRO

Mom gives back to community after son's death

Mary Rodrigues with her son, Alex. CONTRIBUTED

Woodstock will come together Saturday for a heartwarming fundraiser.

Five years ago, four-month-old Alex Fleming was killed by an impaired driver. Since then, his parents have been working for good causes in his memory.

His mother, Mary Rodrigues, has spent the past several years collecting teddy bears to help others, and the fourth annual Baby Alex Teddy Bear Drive is this weekend.

"When we lost baby Alex, we spent a lot of time at the hospital over the course of 11 hours," Rodrigues said.

"Everyone there was extremely empathetic, very supportive, and it was a couple of months later when my nephew put a stuffed animal up on the light post where our car ended up.

"Over the course of the following year (the number of stuffed animals) grew. They were replaced and more were put up. The community didn't want to forget Alex."

Now, the teddy-bear drive is the family's way of giving back, she said.

"I wanted to do it to honour the community for the support that they gave us and to honour the hospitals for the amazing care that they gave Alex, myself, my sons and my husband that night," Rodrigues said. "I'm just flabbergasted by how it's grown."

People attending Saturday's event are asked to bring a toy or a monetary donation.

All toys collected will go to the Children's Health Foundation and the Woodstock Hospital Foundation. Money collected on site will be used for care packages sent to the Child and Youth Mental Health Program at London Health Sciences Centre.

MIKE DONACHIE/METRO

Event day

If you go:

- The Baby Alex Teddy Bear Drive runs from noon to 3 p.m. Saturday at Ecole Ste-Marguerite-Bourgeoys (700 Bristol St.).
- There will be a petting zoo, face painting, balloons, free popcorn and candy bags, as well as vendors making donations to the day.

Final report.
Glee star's death ruled accidental

A needle and two empty champagne bottles were found in the Vancouver hotel room where Glee star Cory Monteith was found dead, according to the B.C. Coroners Service's final investigation that ruled his death accidental. Monteith, 31, died of mixed drug toxicity, including heroin and alcohol, and the report hints that his recent stints in rehab may have contributed to his death.

"If someone has abstained from using opioids for a period of time, tolerance may be lessened," the report states.

EMILY JACKSON/METRO IN VANCOUVER

Cory Monteith THE CANADIAN PRESS FILE

Rob Ford stands by friend slapped with drug charges

Out on bail. 'Good guy' and occasional driver for T.O. mayor accused of trafficking marijuana

Toronto Mayor Rob Ford said Wednesday he's surprised and shocked that one of his friends has been arrested and charged with four drug offences in the city's west end.

Toronto police say Alessandro Lisi, 35, is one of two men arrested Tuesday after a search warrant was executed in connection with an ongoing criminal investigation.

Lisi is charged with trafficking in marijuana, possession of proceeds of crime, possession of marijuana and conspiracy to commit an indictable offence.

Ford defended his friend in an impromptu news conference at a gas station near his west-end home, saying Lisi is "(on the) straight and narrow" and he's never seen him drink or do drugs.

He refused to comment further on Lisi's arrest, saying the matter is before the courts.

Lisi appeared in court at Toronto's Old City Hall on Wednesday afternoon and was granted $5,000 bail. He has another court appearance on Nov. 12.

Media reports have described Lisi as a close friend and occasional driver for the mayor.

Torstar News Service reported earlier this year that Lisi was looking for a video that allegedly showed Ford using crack cocaine. Ford has said he does not use crack cocaine and that the alleged video does not exist.

The allegation surfaced on May 16 when reporters from Torstar and the U.S website Gawker reported they were shown the video.

In connection with Tuesday's investigation, another man, Jamshid Bahrami, 47, of Toronto, is charged with possession of cocaine, three counts of trafficking in marijuana and conspiracy to commit an indictable offence.

THE CANADIAN PRESS

Defence

"He's a friend, he's a good guy, and I don't throw my friends under the bus."

Toronto Mayor Rob Ford

Mayor Rob Ford addresses reporters by a gas station in Toronto on Wednesday regarding the arrest of his friend and occasional driver Alessandro Lisi, right, seen leaving court after getting bail. LEFT: TORSTAR NEWS SERVICE; RIGHT: NATHAN DENETTE/THE CANADIAN

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Canadian man arrested in Somalia accused of beheading his 4 sons

'This man is crazy.'
Omar Hassan, 60, spent 30 years driving a taxi in Calgary, says the grieving mother of slain boys

A 60-year-old Canadian has been arrested in Somalia, accused of beheading his four sons with a knife.

Local press reported that police in the central city of Beledweyne arrested Omar Hassan Sunday evening after his four young children — Yahye, 7, twins Idiris and Sakariye, 6, and Yonis, 3 — were found dead.

"He has taken my blood!" wailed the boys' mother Qadro Addawe, reached by telephone in Mogadishu. "I don't have anything. I lost my children and I don't have anyone to help me now."

Addawe, 29, said Hassan spent 30 years driving a taxi in Calgary, and she married him in 2005 in the hope of having a better life. "He's a (Canadian) citizen," she said. Hiiraan Online, a Somali news website, reported Hassan had also worked in Yellowknife.

Addawe said they were married in Ethiopia and then moved to Kenya, where they had their first boy. They went next to Uganda, where the twins were born, and then moved back to Somalia, where they had their last child in 2010.

Quoted

"I don't have anything. I lost my children and I don't have anyone to help me now."

Qadro Addawe, mother of four boys allegedly beheaded by their father in Somalia

Once established in Beledweyne, Hassan started threatening Addawe and the boys, she said. Shortly afterward, she fell ill and was forced to leave her sons in the care of a relative while she made the long journey to Mogadishu so she could receive proper treatment in a hospital.

Around this same time, Hassan stopped supporting her financially, she said.

She contacted Canadian diplomats repeatedly in an attempt to get papers to allow her and the children to immigrate to Canada but says she was rebuffed.

She received a call from the Beledweyne police at 8:30 a.m. Monday, telling her about the murders and the arrest.

"I have been his wife for eight years. I know his character," she said. "His problem, I don't understand. This man is crazy."

"He said he wanted to attack me. I prayed to Allah … now he's killed them."

TORSTAR NEWS SERVICE

Global arms trade

Gun lobby warns Ottawa against signing UN treaty

Canada's recreational firearms lobby is telling the Harper government to avoid signing a landmark UN arms-trade treaty, arguing it could lead to an insidious return of the federal long-gun registry.

That's the message Canada's National Firearms Association and the Canadian Shooting Sports Association are delivering to Foreign Affairs Minister John Baird as he weighs whether Canada should follow the U.S. in signing the Arms Trade Treaty, which aims to regulate the global arms trade.

THE CANADIAN PRESS

Kenya

Official believes only 4 took part in mall attack

Closed circuit television footage from a Nairobi mall attacked by terrorists last month shows four men carrying automatic weapons, a top government official said Wednesday, an indication there may not have been as many attackers as government officials first said.

Kenya's government initially said 10 to 15 attackers were involved in the Sept. 21 attack on Westgate Mall, but the official said he believes only four took part in the protracted siege.

THE ASSOCIATED PRESS

Riot police clash with protesters in Ukraine

A Ukrainian riot police officer clashes with opposition activists in Kyiv, Ukraine, Wednesday during a protest rally demanding a re-election of the city council. About 200 opposition demonstrators gathered outside the Kyiv city hall to protest a court ruling extending the authority of the current city legislature. Skirmishes erupted when several opposition members of the national parliament tried to enter the building and were turned away by police. SERGEI CHUZAVKOV/THE ASSOCIATED PRESS

Russia. 14 Greenpeace activists charged with piracy; more expected

Greenpeace says that 14 of its activists who were detained after protesting at a Russian oil platform have been charged with piracy, a crime punishable by up to 15 years in prison.

The activists from Argentina, Brazil, Britain, Finland, the Netherlands, Poland, Russia and Sweden were among 30 people who were on board the Greenpeace ship that was seized by the Russian Coast Guard following the Sept. 18 protest.

Two of the activists had tried to scale an offshore platform owned by Russian energy giant Gazprom to call attention to the environmental risks of drilling in Arctic waters.

Greenpeace says more activists, including two Canadians, were expected to be formally charged on Thursday and Friday.

Paul Ruzycki of Port Colborne, Ont., was serving as the ship's chief mate and Montrealer Alexandre Paul was also on board.

All 30 are being held in jails in Murmansk, a port above the Arctic Circle.

Quoted

"Concern for the environment must not cover up unlawful actions."

Russian Prime Minister Dmitry Medvedev

President Vladimir Putin said last week that he doesn't think the Greenpeace activists are pirates, which triggered hopes for their release. But Prime Minister Dmitry Medvedev on Wednesday urged energy companies to adopt more stringent security measures and said the government should consider tougher penalties for those who attack or trespass on the grounds of Russian oil and gas infrastructure. THE ASSOCIATED PRESS/WITH FILES FROM THE CANADIAN PRESS

Greenpeace International activist Sini Saarela of Finland stands in a cage at the Leninsky District Court in Murmansk, Russia, Sunday. Greenpeace said Wednesday Saarela was among the activists who have been charged with piracy by Russia after protesting at a Russian Arctic oil platform. GREENPEACE/THE ASSOCIATED PRESS FILE

The grim face of Kingston Pen

PHOTOS BY FRANK GUNN/THE CANADIAN PRESS

A trip to jail

Prisoners move out ... and a tour group moves in

They went to prison — and loved it.

Eager visitors lined up Wednesday as the historic Kingston Penitentiary threw open its doors to the public for the first time in decades.

About two dozen people entered its imposing bluestone limestone walls — the first tour group allowed inside since the last prisoners were moved out last week.

Visitors were curious to get a peek inside the storied penitentiary, where some of the country's worst criminals have done hard time.

They looked in awe at the jail's workshop area (top photo) and the segregation cells (left), which are little more than cages.

THE CANADIAN PRESS

And the future?

2015

Correctional Service Canada says the future of Kingston Pen is uncertain, but the plan is to fully decommission it by 2015.

Filthy rich and getting richer ...

We're doing just fine, thanks. Affluent Canadians tell researchers they've bounced back from 2008 market crash

You've always suspected it — and you're right: The rich ARE getting richer.

The majority of affluent Canadians are better off today than before the 2008 market crash, a new study shows.

A new BMO Harris Private Banking study covered well-off Canadians — those with investable assets of $1 million or more.

And it found that 54 per cent of them said their financial situation is more solid than before September 2008.

Only 11 per cent said they are worse off and 36 per cent reported that their financial situation is unchanged.

The picture is slightly better for wealthy Americans — 61 per cent said they are doing better, and only 7 per cent said they are worse off than they were prior to the global economic crisis.

"High-net-worth Canadians clearly feel they have bounced back well from the 2008 downturn and are fairly upbeat about what the future has in store for Canada's economy," said Alex Dousmanis-Curtis, senior vice-president who heads up BMO Harris.

"However, we're also hearing from many of our clients that they remain somewhat concerned about global market fluctuations and they want to ... insulate their wealth as best as possible against a downturn."

But they're not shy about spending the extra dough, with the study showing them returning to pre-recession spending levels.

They are forking over more than, or the same as, they did prior to September 2008 in key areas — entertainment and leisure (89 per cent), travel and vacations (86 per cent), club memberships (78 per cent), clothing (75 per cent) and collections and hobbies (72 per cent).

TORSTAR NEWS SERVICE

Quoted

"We are delighted to see such a high percentage of high net-worth Canadians opening up their wallets."

Alex Dousmanis-Curtis, BMO Harris

Glitches. Interac service up and running (mainly)

Interac was experiencing intermittent issues with its e-Transfer service Wednesday despite initially restoring service in the morning after day-long problems on Tuesday.

After having fixed the earlier glitches, the company was seeing some issues again and working to resolve them, spokesperson Caroline Hubberstey said.

The problem was again mainly affecting deposits, although a few financial institutions also had problems sending funds.

Hubberstey said most people were able to send an Interac e-Transfer, but when the notification for deposit arrived at the receiver, the receiver was unable to deposit the funds.

Several people took to Twitter to express concerns that payments for such things as rent might not go through or that they might be hit with non-sufficient funds (NSF) charges.

Interac said its other services — Interac Debit, Interac Cash and Interac Online — were operating normally.

THE CANADIAN PRESS

Protests. PMO relents, lets TV man cover Harper

A veteran TV cameraman will be allowed to travel to Malaysia with the prime minister this week after all.

Earlier, Stephen Harper's office appeared poised to scratch CTV journalist Dave Ellis from the trip because he asked an impromptu question during a media event last week in New York.

The TV networks fought back, insisting that they — not the Prime Minister's Office — should decide who to assign to cover Harper.

And now Jason MacDonald, a spokesperson for the prime minister, says no accredited journalist will be prevented from boarding Harper's plane.

During the New York event, Ellis asked Harper about the charges laid against then-Conservative MP Dean Del Mastro, even though reporters and photographers had been told questions were not allowed.

Harper leaves Thursday for a seven-day trip to Malaysia and Indonesia, and CTV had Ellis accredited to work as a pool cameraman.

THE CANADIAN PRESS

Is he barking mad?

What's the poop? $500 for picking up after his dog

A Montana man who gathered and reassembled parts of five $100 bills eaten by his golden retriever has been reimbursed by the U.S. Treasury.

Wayne Klinkel's 12-year-old dog, Sundance, snacked on the cash in the family vehicle while Klinkel and his wife ate at a restaurant.

Klinkel picked through the dog's droppings to recover parts of the bills. He cleaned and reassembled them, put them in plastic bags and sent them to the U.S. Treasury.

THE ASSOCIATED PRESS

Red planet's secrets

Supervolcanoes on Mars spewed huge lava clouds

Scientists have discovered ancient supervolcanoes on Mars similar to the cauldron-like caldera that sits under Yellowstone National Park.

Studying images from several spacecraft orbiting Mars, researchers at London's Natural History Museum and NASA found at least one massive volcano and evidence for several others that spewed huge clouds of lava and ash.

The new finding suggests such eruptions could have affected the red planet's climate and atmosphere.

THE ASSOCIATED PRESS

Kieron with Kieron 2: Metro reporter Kieron Monks shows off his 3D-printed mini-me at the Levavo office in London, England. METRO IN LONDON

What can you do with a 3D printer? Try to copy yourself

Technology. London startup is betting that printed plastic figurines will be a hot keepsake

KIERON MONKS
Metro World News in London, England

My twin is a perfect replica. From the haircut to the creases on his shirt, and the less-than-perfect posture, he is a mirror image. But at 15 centimetres tall, my twin appears to have been zapped by a shrink ray.

The truth is only slightly less like science fiction. The clone has been freshly printed from plastic, using an "experimental technique" by London, England tech startup Levavo.

To create Kieron 2, I stood in a studio surrounded by more than 60 cameras that scanned and measured me, using photogrammetry to accurately extract features, before feeding the information to a 3D printer that uses around 400,000 colours.

The business is among the first of its kind, a product of the Polish brothers Marcin and Piotr Piosik. "It started from us photographing garden ornaments," says Marcin. "We realized the potential of 3D printing and bought 20 cameras to make a prototype."

Investors were impressed and the brothers began to produce commercially, selling the models for around $120 each. Customers find surprising uses for the figurines.

"Some use them like photos, keeping their family on a shelf," says Marcin. "Others like to have superhero effects, and one guy would get them to see how his diet was working."

The brothers aim to launch studios across Europe, and stay ahead of the game by constantly improving resolution and the materials for models.

Quoted

"We believe in the next couple of years we will have the same detail as any photo."

Marcin Piosik, a co-founder of tech startup Levavo, which uses 3D printers to make replicas of people.

Market Minute

DOLLAR 96.79¢ (-0.06¢)

TSX 12,839 (-8.44)

OIL $104.10 US (+$2.06)

GOLD $1,320.70 US (+$34.60)

Natural gas: $3.54 US (-7¢)
Dow Jones: 15,133.14 (-58.56)

Publishing

Author Tom Clancy, 66, dies

Tom Clancy, whose high-tech, Cold War thrillers such as The Hunt for Red October and Patriot Games made him the most influential military novelist of his time, has died. He was 66. His publisher estimated that worldwide sales of his novels top 100 million copies. THE ASSOCIATED PRESS

Tom Clancy in 1998
THE ASSOCIATED PRESS FILE

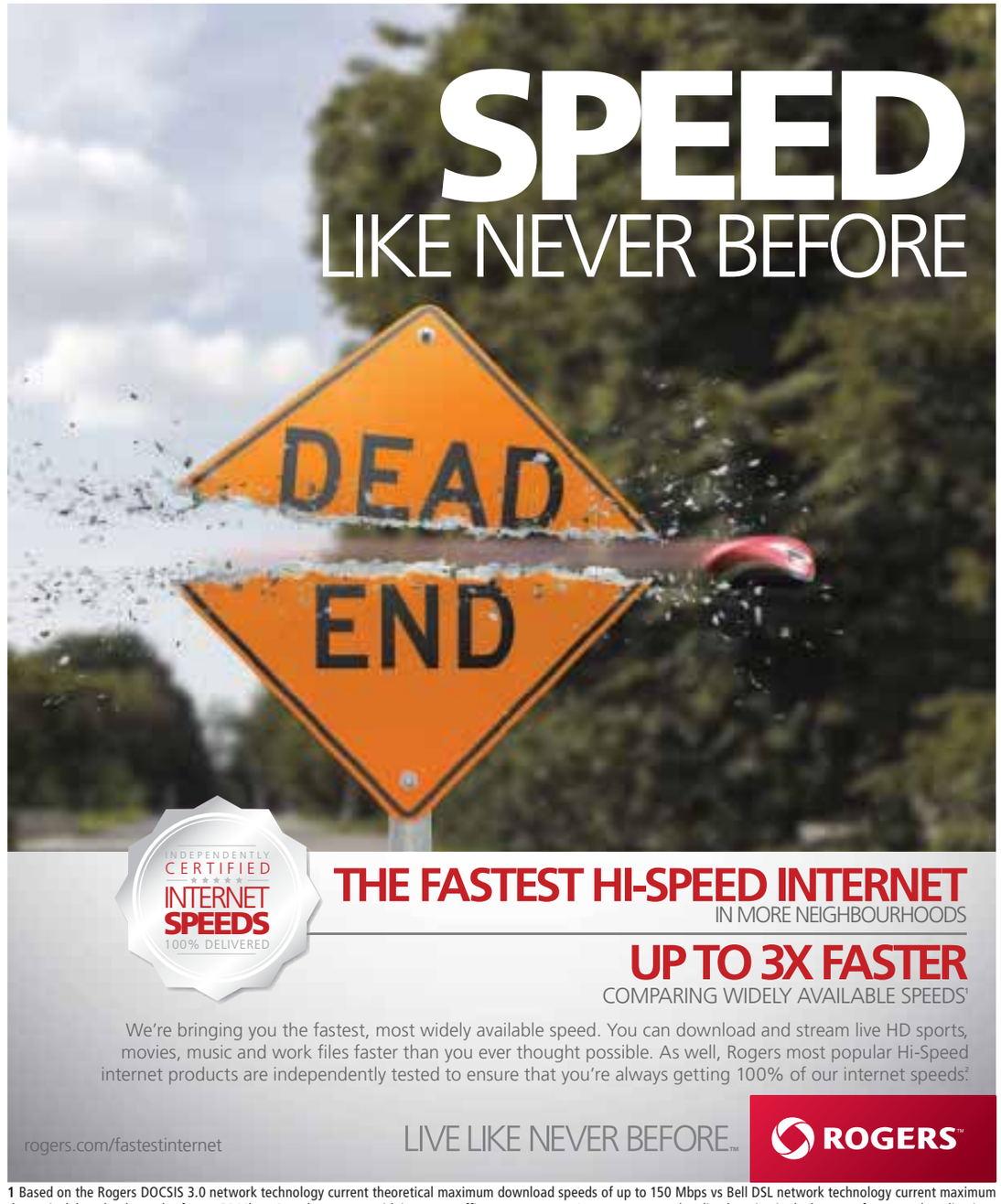
Upward trend

Internet stocks regain some sizzle

Internet stocks are heating up again, just as Twitter is preparing to turn up the temperature with its highly anticipated IPO.

Consider what's happened in the past month: The once-scorned stocks of Netflix and Facebook have soared to new highs; Yahoo's stock has surpassed $34 US for the first time in nearly six years; enamoured investors just poured more than $1.7 billion US into secondary stock offerings by LinkedIn and Pandora; and Priceline's stock just broke $1,000 US, catapulting past its peak reached in 1999.

As hot as some Internet stocks are, the fervour is nothing like in the late 1990s when investors minted dozens of unprofitable companies with rich market values. THE ASSOCIATED PRESS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LAND OF THE LOUD LORD

HE SAYS

John Mazerolle
metronews.ca

My landlord and I have a complex relationship built on a solid foundation of shouting.

Many people have landlords who treat their apartments with benign neglect, quick to respond to every tenant request with a blithe, "We can send somebody in about a week," even if the specific message was "FIRE!"

Well, John my landlord is not like that.

John is the opposite of that. John is this: a perfectionist and a busybody and 90-something-years-old.

The kind of landlord who stares at you through the mottled glass of his door like you can't see his distorted silhouette. The kind who stands on the front porch with a flyswatter (really), lest an insect sully his perfect patio. The kind who has appeared on Google Maps during two separate iterations, sitting in his designated spot, probably mulling where to find a flyswatter big enough to chase off the Google Car.

John is hard of hearing, so while he's being nosy, he speaks to you at a volume usually reserved for pro wrestling interviews. GROCERIES, HUH?! WHAT YOU GOT THERE!? YOGHURT?!?!

Have I mentioned my rent is really low?

I'm not a perfectionist, to put it mildly. When the tenant upstairs moved, John had me take some photos of the apartment so he could catalogue the "mess" that had been left behind, such as an onion in the fridge.

"How can anyone live like this?" he asked, as I thought about the rotting vegetables in my fridge, several of which had become radioactive and/or sentient.

That means every time he knocks on my apartment door, my life descends into a Benny Hill panic, Yakety Sax blaring, except the only half-naked person is me. When he arrives for the occasional maintenance visit, I throw my pants off, so I can open the door a crack and let him know I'll be "just a minute." This buys me time to, say, cover the tomato soup stain in the middle of the living room carpet.

Once I was dealing with a fruit fly infestation with vinegar traps when he unexpectedly knocked. I was forced to improvise with the vacuum cleaner, in a massacre I like to imagine the surviving fruit flies still talk about in hushed tones.

Maybe it's my fault that I'm a slob, maybe it's his fault that his idea of a reasonable warning is three knocks and a gentle "HELLO ANYBODY HOME?!?!"

Whatever the case, I'm happy. As long as my apartment is clean and affordable, I will put up with levels of eccentricity that greatly exceed the scientifically acceptable safe limit of 12 micro quirks per square metre.

How do I make it work? I believe the key to a successful tenant-landlord relationship is communication: that is, avoid it at all costs.

When John is friendly, I smile. When he's confrontational, I nod. Then I move on. Compare to the upstairs tenant, who has had at least three shouting matches with him since she moved in a month ago. Calling the police seems to be a running theme, so at least they have some common ground to work from.

If you'd like any further tips on how to deal with your landlord, I'll just need a minute to throw some clothes on and ask you to ignore any strange noises, such as explosions. But feel free to give me a shout. That's what I'm used to.

ZOOM

Gaza's tunnel smugglers bored

HATEM MOUSSA/THE ASSOCIATED PRESS

No goods transferred amid Egypt turmoil

A Palestinian man works in a tunnel in Rafah, on the border between Egypt and the southern Gaza Strip.

Since the summer, Egypt's military has tried to destroy or seal off most of the smuggling tunnels under the Gaza-Egypt border, a consequence of the heightened tensions between Cairo and the Hamas government in Gaza. The tunnels once employed thousands of young men in Gaza. By early September, with most tunnels closed, only a few tunnel workers reported to their jobs for maintenance work. Some mask their faces with shirts to avoid identification while working, for fear of repercussions in case they were to travel to Egypt in the future.

THE ASSOCIATED PRESS

A solution to a blockade

- The tunnels have served for years as a lifeline for Gaza, home to some 1.7 million Palestinians.
- They became important after Hamas overran the territory in 2007, prompting Israel and Hosni Mubarak to impose a border blockade.

Fuel, construction goods

"We have no other alternative but to work in these tunnels. They are the only crossing to bring needed goods to Gaza."

Hussam Rashwan, tunnel worker
Some workers began digging new tunnels to replace the ones destroyed by the Egyptian security forces.

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

ARI PERILSTEIN/GETTY IMAGES

Just because you don't live in a city with an international art biennale, world class art gallery or well-known film fest, doesn't mean you have to be left in the cultural dark. These podcasts will keep you tuned into the world of art and culture.

Bullseye:
In-depth interviews about 'all things awesome,' Jesse Thorn likens himself to a Conan O'Brien, but safe for pubic radio.

LensWork:
Short snippets on photography, creativity and the art world — without the art speak.

SFMOMA Artcasts:
A monthly peek into the world of artists, writers, curators and musicians.

Comments

RE: O Canada, In All Thy Gender-Neutral Sons Command...? Published Oct. 1

When you have a mixed group, male and female, the masculine is no longer masculine alone but encompasses the entire group. For example, if you holler, "Hi there, guys," to a group of friends, the girls in the group are included in the greeting because of the rules of language.

English is not the only language that does this. In French, if you have a mixed group of men and women, the pronoun used is 'Ils.' It means all of them. In Spanish, if you have a mixed group, the pronoun used is 'Ellos,' the plural masculine form which now includes the women, too.

'In all thy sons command' implies sons and daughters. It leaves no one out. I lament that these women, who claim to represent all women (yeah, right) didn't pay more attention to their education. It's important to learn about the world and I would think that language would be a good skill to have.

Get a grip! You make me embarrassed of my own gender.

Hazel May Lebrun posted to metronews.ca

WE WANT TO HEAR FROM YOU:
Send us your comments: londonletters@metronews.ca

metro

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Going with the flow, one avant-garde piece at a time

History in the making. New generation of local artists hold group show at Museum London

BACKSTAGE PASS
Mila Petkovic
london@metronews.ca

Artists Jason McLean, left, Jamie Q, James Kirkpatrick and Billy Bert Young paint a mural in the lobby of Museum London. COURTESY MATT THOMAS

Collaboration and spontaneity is the name of the game for this gang of London artists.

Marc Bell, James Kirkpatrick, Amy Lockhart, Jason McLean, Jamie Q, Peter Thompson and Billy Bert Young are featured in an exhibition opening Friday at Museum London called L.O. Today, a name taken from one of their zines.

Several members of the group are also painting a mural in the museum's lobby.

"The mural is a large collaborative piece we are making up on the spot. We have no preconceived notions. We've picked out a few colours and brushes and that's it," says James Kirkpatrick.

The experimental go-with-the-flow approach to working is something the artists have in common when creating their individual pieces as well.

"I didn't know what the final result was going to be. I would sit down, start making something, and it would be a surprise in the end," says Jamie Q about one of her fabric pattern pieces on display, which also appears in her book, The Possibilities are Endless.

"I'm interested in what happens when you're in the process of making something," she said. "It's a place of making intuitive decisions about what you should do next — a colour, a shape or a material — it's sort of playful."

Although the individual works of the artists are identifiably different, their allusions to the Forest City tie them together.

"A lot of our work is inspired by London or fuelled from the energy of the city, and the history of noise and experimental music here," says Kirkpatrick, one of five artists in the show who attended H.B. Beal Secondary School.

Kirkpatrick's sound sculptures, paintings and zines reference the work of a generation of avant-garde experimental London artists that came before him: The regionalists — including Greg Curnoe, Ron Moppett, Murray Favro and other members of the Nihilist Spasm Band.

"Some of the most experimental work in Canada is coming from London," says Kirkpatrick. "A lot of artists here are one step ahead, but haven't always been supported by the environment."

His self-proclaimed "craziest piece yet" — an interactive video and sound sculpture called A Gold Coin for Each One of Them — will be on display at the show.

"It's an audio-video synthesizer I reprogrammed, and put my own digital paintings into," Kirkpatrick says. "You can play different beats on it, which affect the images and change them to make them work like a kaleidoscope and do other weird things."

The opening reception for L.O. Today is 8 p.m. Thursday at the museum. The exhibition runs until Dec. 15.

Around town

- **Get artsy.** Paint, Paper, Cloth and Glue is a new exhibition by Sarah Cowling at The Arts Project (203 Dundas St.). The opening is from 6 to 8 p.m. Tuesday.
- **Tunes.** The Ukrainian experimental folk band DakhaBrakha is playing Saturday at Aeolian Hall (795 Dundas St.). The concert starts at 8 p.m. Tickets are $30 at the door.

SCENE

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Who is Madison Beer? Metro talks to Justin Bieber's 14-year-old protege

Living a dream.
A single tweet changed this young singer's life

ANDREA PARK
Metro World News in New York

After school, 14-year-old Madison Beer spends late nights in the recording studio. GETTY IMAGES

Madison Beer's life changed when Justin Bieber tweeted a link to her YouTube video last year. The 14-year-old has been on the fast-track to fame ever since, and Beer has kept herself busy recording music and working with Ralph Lauren in the past year. Beer talked (and giggled) to Metro and shared her thoughts on Justin Bieber, the music industry, fashion and school.

How did you feel when Justin Bieber tweeted your video?
It was so crazy! I was such a huge fan of him and for him to notice me was incredible.

How often do you get to see him?
Whenever he's around I get to hang out with him. It's pretty cool that I get to see him.

What's it like to hang out with your idol?
It's awesome. I really look up to Justin a lot and for him to be able to give me advice and help me out and hang out with me and be such a nice person to me is really awesome. I'm really grateful for that.

What's the best advice he ever gave you?
I think the best advice he gave me is when he said there are going to be haters and people are going to be mean but you have to keep your head up and believe in yourself and don't let anyone tell you otherwise.

What's your schedule like between school and recording?
I usually go to school for a couple of hours and I'm in the studio until pretty late at night. I get pretty tired because I'm a really hard worker when it comes to the studio but when it comes to school I'm just like, "ughhhh."

You just released your new music video Melodies. What was it like to film your video?
It was literally the funnest day of my life to record it. When I recorded it in the studio, that helped me get familiar with the words and the melodies and it was incredible to see the outcome. I was so grateful to work with the people — the actors and the people who shot the video and everyone. It was just an awesome fun day and I got to meet so many kids and it was amazing.

You performed at the Ralph Lauren girls' fashion show — what is it like working with the label?
It is really incredible. I love him so much. I've always been a huge fan of all of their pieces, all of their clothes and their look. It was surreal to work with them.

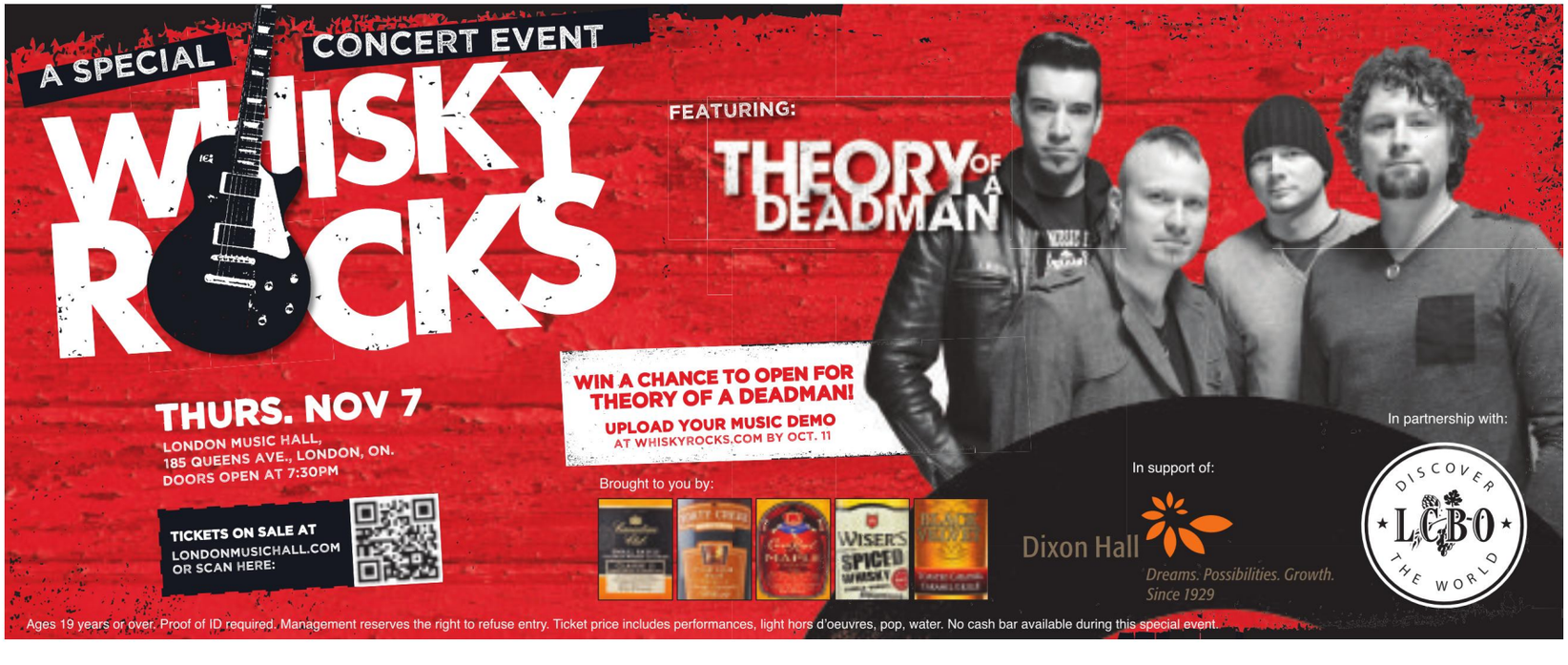
Do you have any style tips?
Be yourself! I love clothes. Clothes are literally one of my favourite things on the planet and anyone who knows me knows that. I like to change my outfit three times a day and put outfits together and get creative. Rocking an outfit and being confident in what you wear is so important. Be yourself and it'll come naturally.

Do you have one thing in your closet you really love to wear?
Well, I love to tie things around my waist. I'll tie a flower around my waist or a sweater. I have a pair of Brandy Melville overalls that are so cute and I've been wearing them a lot — I wore them to Disneyland the other day.

I have to ask you — what are your thoughts on Miley Cyrus ?
I love her. I think that there are definitely some people who are like, "Oh my god, what happened to her? This is horrible." But I think if she's happy doing what she's doing and confident and having fun then I think it's fine. Maybe it's a phase she's going through. She and her fiancé just broke up and that's going to be really tough on her and everyone handles things differently. Maybe she's trying to get attention from him — I don't know. But I look up to her and I'll always be a huge fan.

Oh, that's what I want to do

"When I saw Justin Bieber's movie. That changed my whole outlook on singing and the music industry."
Madison Beer on knowing when she wanted to be a professional singer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Playboy Clooney's model behaviour bags him yet another young beauty

It looks like George Clooney is completely over Stacy Keibler, if his reported sleepover with Croatian model Monika Jakisic at his L.A. mansion last week is any indication. The pair "spent hours talking and have an incredible connection," a source tells Us Weekly. That connection apparently began at a London nightclub back in May — two months before Clooney officially split with Keibler — where he and Jakisic "danced and held hands," according to the source. "He's been calling and texting her ever since."

George Clooney

Do not be alarmed, people of the U.K. — it's just Brad Pitt in his tank

Brad Pitt. ALL IMAGES GETTY

Brad Pitt's latest Second World War film, Fury, involves him spending a lot of time in a tank, so it's no surprise that residents of the U.K. town where they're filming have been warned about "loud and unexpected noises" and "intermittent controlled gunfire and explosions" during production, according to the Telegraph newspaper. "We wanted to warn people in advance so that they are not alarmed, but also we don't want people ringing the emergency services," a studio spokesperson says.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Don't Giver the role! Swift will ruin one of my favourites

ALEXANDRA M. CAVALLO
Metro World News in NYC

As most of you probably know by now, Taylor Swift has been cast in a small role in the upcoming film adaptation of Lois Lowry's iconic YA novel The Giver. I say iconic because this book, like, defined my fourth grade year. So, when I heard that T. Swift — she of the never-ending odes to the bad, bad boys who shattered her achy breaky heart and the nonexistent acting chops (you guys saw Valentine's Day, right? Oh, no? Me neither) — was going to make an appearance in a Giver movie, I was a little affronted. And by a little affronted I mean I was all, "Say whaaat now?" and SMH dramatically at my laptop. Especially because the rest of the cast is shaping up to be pretty alright — Jeff Bridges as the title carrier of all the world's pain and the inimitable Meryl Streep as the village matriarch responsible for assigning roles to the children when they come of age. Katie Holmes is apparently slated to play Jonas' mother, which I'm also not too psyched about but hey, she sort of lived the real life version of a woman brainwashed into believing a totally altered and whitewashed way of life was normal, so maybe she'll bring some real authenticity to the role. Swift is apparently going to play Rosemary, the girl who was supposed to become the next Giver before Jonas. And that's the only reason I haven't written a strongly worded letter to the casting director yet. I can take consolation in already knowing how she fares (spoiler alert: not well).

Twitter

@MorganSpurlock
With more than 800,000 governmet workers now off the clock, why are the jackasses who got us here still getting paid?

@MarlonWayans
The purge! Urlllll!!! Get it out. Physical extraction spiritual release blahhhh! Ahhhh!

@josswhedon
I'm not "book smart", and I'm not "street smart", but I'm... I, uh -- which was the one with books? I have that.

Michelle Rodriguez

Rodriguez finally and bluntly reveals sexuality

Michelle Rodriguez has finally decided to put an end to years of speculation about her sexuality. "I don't talk about what I do with my vagina, and they're all intrigued," she recently told Entertainment Weekly. "I've never walked the (red) carpet with anyone, so they wonder, "What does she do with her vagina?" Plus, I play a butchy girl all the time, so they assume I'm a lesbo. Eh, they're not too far off. I've gone both ways. I do as I please. I am too f—ing curious to sit here and not try when I can. Men are intriguing. So are chicks."

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Au revoir to the runway

Another season of style has taken us to New York, London, Milan and finally, Paris. We conclude Spring/Summer 2014 fashion month with a look at France's most fabulous and forgettable offerings.

KENYA HUNT
Metro World News

Stella McCartney

Stella McCartney took a more relaxed, understated route for spring, working with longer silhouettes in single-tones. There was a very clear no-nonsense quality about the clothes, even with the more decorative skirts that had the peek-a-boo slits across the thighs. These were clothes for the woman who wants to look fashionable, but doesn't want to think about her outfit once she's put it on.

Chanel

Karl Lagerfeld's sophisticated tweed suits and younger urban dresses, all in saturated colours and painterly graphics, were the polar opposite of last season's work, which was darker and filled with Karl's rocker-edged trademarks. Watching the show, you got the sense that it was about having fun and enjoying the act of dressing up — how can you not in, say, a dress covered in multi-coloured tiers made to look like silk Pantone chips? It's display on an even grander scale than the pedestal treatment a sculpture may get in a gallery. And if you're going to show off, what better thing to wear than Chanel?

Saint Laurent Paris

Say what you want about Hedi Slimane, but you can't deny that he seems to know what women are in the mood to wear. Critics were on the fence about his last collection, which brought back grunge. Grunge at Saint Laurent? Isn't that blasphemy? The clothes are undeniably cool and sexy, but Isabel Marant already got there first. No matter, this updated take on that French rocker girl je ne sais quoi will be all over Zara and the like come March, if not sooner.

Chloé

Clare Waight Keller's clothes were refreshingly devoid of any bold graphics and prints, and yet it still had that feel-good quality that has characterized the shows this week. There wasn't a crystal or sequin in sight. Instead, she showed single-colour, easy-to-wear separates and dresses in a range of desert tones that were like a palette cleanser after the gilded, print parade we've seen this week. Best of all, it will give some much needed variety to the shop floors next spring.

Akris

This collection ran into trouble with the prints, which made the clothes look more like something you'd see in Banana Republic than on a Paris runway. The wrong print can cheapen a well-made piece. Other moments, though, such as an ivory v-neck sundress with sheer grids and a white coat dress with curved, sculptural tiers looked pretty, timeless and flawless — perfect for someone like, say, Princess Charlene of Monaco who sat front row.

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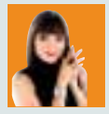

JEANNE SPACE
Jeanne Beker
life@metronews.ca

TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.

A truly mooo-ving afternoon @roseneathfair!

What a lot of vino! At a Penfolds' wine tasting @ShangriLaTO appreciating the finer things in life... #LChaim

Light up your living room

Tables and lights. Part 2 of a series on living room decor will help you find the right accent tables and lighting for your space

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Size

- The lower the coffee table (14 to 18 inches high), the more modern it is. A higher coffee table (often referred to as a cocktail table, at 20 to 26 inches high) is a more traditional approach.
- The length of the coffee table should be two-thirds of the seating area on the sofa. Anything larger will be too awkward to move around.
- Two or three matching small tables can replace one large table and offer up flexibility when entertaining in a small space.
- The height of an end table should be within three inches lower or higher than the sofa arm.
- Try to find an end table that is almost as deep as the sofa — this will maximize space.

Style

- Coffee and end tables don't have to match each other.
- If you have a casual household (young children, movie nights and slumber parties) then wood tables or upholstered ottomans (with trays on top) might be a better option for you.
- Glass-topped tables work better where formal entertaining is done.
- If you want to mix and match tables, wood and/or metal tones should be similar to other furnishings or accessories in the room.
- Tables that also offer storage are perfect for small spaces.

Cost

- The price depends on the level of quality.
- A beat-up storage trunk found on the side of the road could be the perfect solution for cottage-style decor, whereas a wooden English side table could cost you thousands of dollars.
- Rule of thumb: Your coffee table should cost about 30 per cent of the cost of your sofa.
- An inexpensive end table can look like a million bucks when topped with a fitted marble top.

Every room needs three types of lighting. Here's what you need in your living room:

Overhead: Try recessed lighting or pot lighting. These lights are used to brighten dark corners or walkways and illuminate paintings.

Ambient: This includes dimmed lights you leave on when you go out at night. A picture light, small candlestick lamps, plug-in night lights and battery-operated candles all help to create ambience in a room at night.

Task: Reading lamps are most popular. I like an elbow-angled floor lamp that can be moved when not in use.

Mixing and matching tables helps create an eclectic living room. cb2.com.

An alternative to a coffee table is an ottoman with storage. Jess Storage Ottoman, $1,250, modern-countryinteriors.com.

Make sure you take the height and style of your sofa into consideration when choosing an end table. Original Cottage end table, $129, sears.ca.

Discrete elbow-armed floor lamps are perfect for reading and fit with almost any style. Dainolite Chrome Floor Lamp $200, livinglighting.com.

Nails hit the right note

If you lived in a comfortable home in 17th century France or 19th century England, your chairs might well have been embellished with nailhead trim. It was a clever, decorative way for craftsmen to secure materials to upholstered furniture.

Another traditional fastener, the rivet, was also commonplace in manufacturing and shipbuilding centuries ago.

Now, both nailheads and rivets are having a moment in contemporary decor. On some pieces, they reinforce traditional elegance. On others, they offer an urban, edgier esthetic.

"We're seeing nailhead trim — this 400-year-old detail — in lots of new applications, creating bold looks," says Seattle designer Timothy De Clue.

Lisa Ferguson, an interior designer in Toronto, trimmed a pair of armless coral chairs with a decorative, antique-brass nailhead design along the skirt. She says both brass and warm satin detailing evoke classic glamour.

"It almost always gives the perception of a more luxurious piece, while adding texture," Ferguson says.

But be mindful of inexpensive trims if you want a luxe look, she adds.

Jonathan Adler

Designer Jonathan Adler is a fan of the nail.

- His Channing screen, named after Bette Davis' character in the movie All About Eve, is a white lacquered room divider studded with polished nickel nail heads.
- He also plays with the motif in an irreverent tabletop confection: a clear acrylic obelisk filled with construction nails.

Adler's Channing screen, in white lacquer with polished nickel nailheads.
JONATHAN ADLER/THE ASSOCIATED PRESS

"Attention to detail and craftsmanship is what differentiates the good from the best. Pay special attention to the scale and spacing of the nail heads in relation to the piece of furniture, and always go for metal individual heads over rows of plastic if it is in your budget," she says.

Ballard Designs has a selection of headboards you can customize in different fabrics and finish with brass or silver nailheads.

Homegoods offers slipper chairs in fun colours like peony pink, lime green and rich purple, embellished with silvery trim. The trim also edges a svelte bench — covered in a green, white and black classic pattern — perched on sleek black legs.

Nailhead trim works well with textured materials; Jayson Home's Bretton shelf unit is covered in burlap and trimmed in brass nails.

THE ASSOCIATED PRESS

metro

FIRST-TIME HOMEBUYERS

Thursday, October 3, 2013

There are many communities, designs, and builders to choose from, so read advertisements, browse builder websites, visit home shows and model show homes to get a feel for what your dream home is. ISTOCK/THINKSTOCK

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Informed shoppers are the best shoppers

LESLEY SCORGIE
For Metro

Carefully select a builder who is aligned with your goals. BRAND X PICTURES/THINKSTOCK

Maybe you have been dreaming up blueprints for years or simply stumbled upon a community where you would like to build your new home. Whatever the case, put on your savvy shopper hat and get informed.

There are many communities, designs, and builders to choose from, so read advertisements, browse builder websites, visit home shows and model show homes to get a feel for what your dream home is. Make a list of your need-to-have and want-to-have requirements.

Similar to resale homes, location and amenities are key when buying new. Investigate future development plans for roads, schools, shopping centres, green space and more prior to selecting your community.

When buying new, you are purchasing a package of services, not just the physical home structure, so you will need to carefully select a builder who is aligned with your goals.

Every builder will have a different philosophy on quality, speed to complete the home, flexibility with the design and the inclusion of certain finishings; some are standard like carpet floor, whereas others, like hardwood, cost extra and need to be included in your budget. Some builders require milestone payments throughout the construction process, in which case you will need your lender to design a mortgage structure that accommodates these. All of these items are negotiable.

Warranty and after-sale services are also very important so you aren't left high and dry with a lopsided door or faulty furnace. Before your home is completed, you will join the builder in a walk-through of the home to verify that the work has been done according to plan. If you are satisfied, you will sign a certificate of completion, noting any outstanding work and when it will be completed. This triggers the warranty coverage on your home.

House or condo. Which is right for you?

LESLEY SCORGIE
For Metro

If you love the thought of hosting backyard barbecues and you don't mind cutting the lawn, freehold home ownership will probably work for you.

Freehold ownership is where you own both the physical land and the home on the land. This means you have full control over the property, subject to any local land-use bylaws, Crown rights or other restrictions communicated to you at the time of purchase. As long as you don't break any laws or violate permitting limitations you can do almost anything to the property, from remodelling, to planting a garden to building a fence.

Freehold ownership also means the owner is responsible for maintaining the yard, interior and exterior of the property. But if you don't keep up with predetermined neighbourhood permits, codes and standards, local residents can submit their complaints and the city can issue you warnings.

If, on the other hand, the sight of hedging sheers causes you goosebumps, you may want to consider a condominium.

With condominium ownership, you own the unit you live in and share in the ownership of common space within your building. Each month, unit owners pay fees to maintain and improve the building.

Condominiums are typically governed by a board of directors comprised of select unit owners, and the day-to-day activities like lawn maintenance and window cleaning are managed by a property manager who is employed by the board.

Because you don't own the building in a condo, you are limited in what can be changed. For example, if you want to install a hot tub on the balcony of your 21st-floor apartment, you would likely need to seek approval from the condominium board prior to hiring a crane. And condominiums have rules about things like noise and pets.

For many individuals that travel, condominium living is perfect. They simply lock the door to their unit and jet set to their destination knowing their property is secure.

A reputable realtor can walk you through the negotiation process and help you stick to your walk-away point. ISTOCK/THINKSTOCK

Negotiations are part of the process

In many cases, your initial offer to purchase is simply a starting point for negotiating. Often, the seller will counter-offer, which means they will ask for aspects of your initial offer to be amended, such as the price, deposit or conditions. Buyers and sellers continue to swap offers and counteroffers until they have reached an agreement or choose to walk away from the deal.

When making an offer, protect yourself and your finances by leaving emotions out of the equation and knowing your limits in terms of affordability and conditions. Clearly defining a "walk-away" point will also help guide the process.

When the negotiations begin, ask for what you want, but be realistic. Don't offer $100,000 for a property worth $1 million. Base your offer on facts by reviewing and presenting information on comparable properties from realtor.ca.

If it's a buyer's market, disclose that you are interested in other properties. If it's a seller's market, put a human face to the process and write a personal letter to the seller.

Throughout the process you will learn the seller's needs and can negotiate based on those.

A reputable realtor can walk you through the negotiation process and help you stick to your walk-away point.

The interest rate and terms of your mortgage are also up for negotiation. Follow these steps:

- Research current rates and terms by reviewing multiple websites of financial institutions. Also check out ratehub.ca for the best rates across Canada.
- Speak to a mortgage representative or manager, and ask for a better rate. Keep what you researched in mind during your discussion. Most credit grantors will try to work with you to earn or keep your business, especially if you are a good client.
- To strengthen your position, present a competitive offer that your lender could match.
- If the lender doesn't want to play ball, take your business elsewhere. LESLEY SCORGIE

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Put down the boxed mac and cheese and no one gets hurt

"The whole wheat noodles and sweet potato up the nutritional score of this recipe, but it's as creamy and satisfying as a more traditional mac and cheese," writes Ceri Marsh in How to Feed a Family.

"I first made it when I needed to bring a dish to the Christmas potluck at (my daughter) Esme's daycare a couple of years ago. It's great any time you have to feed a big gang."

Ingredients

- 3 cups (750 ml) whole wheat macaroni
- 4 cup (60 ml) butter
- 2 tbsp (30 ml) all-purpose flour
- 2 cups (500 ml) milk
- 1 cup (250 ml) shredded cheddar cheese
- 5 cup (125 ml) grated Parmesan cheese
- 1 cup (250 ml) canned sweet potato purée
- Salt and pepper
- 1 cup (250 ml) frozen peas

1. Cook the pasta according to the package instructions.

2. In a large heavy-bottomed saucepan, melt the butter over medium-low heat. Sprinkle the flour over the butter, stir and allow to cook for a minute or two. Now slowly add the milk, stirring continually to stop the sauce from lumping up. If it's not thickening, nudge the heat up just a bit. Now add the cheeses and stir as they melt. Add the puréed sweet potato and stir well to combine. Taste before seasoning with salt and pepper.

3. In the last 2 minutes of the pasta's cooking time, add the frozen peas. (Who needs to dirty another pot?) Drain the pasta and peas in a sieve. Pour the cooked pasta and peas into the pot with sauce and give everything a good stir. Serve straight from the pot into bowls.

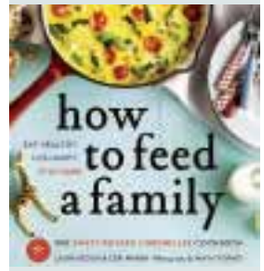
Sweet Potato Mac & Cheese

This recipe serves eight. PHOTOGRAPHY COPYRIGHT © 2013 MAYA VISNYEI PHOTOGRAPHY. REPRINTED BY PERMISSION OF APPETITE BY RANDOM HOUSE.

RECIPES FROM HOW TO FEED A FAMILY: THE SWEET POTATO CHRONICLE COOKBOOK BY LAURA KEOGH AND CERI MARSH. PHOTOGRAPHS BY MAYA VISNYEI. COPYRIGHT © 2013 SWEET POTATO CHRONICLES.

Cookbook of the Week

Make them come running to the table



Since the success of their site sweetpotatochronicles.com, a cookbook was a natural next step for working moms Ceri Marsh and Laura Keogh.

As with their site, in How to Feed a Family the two offer recipes tailored specifically to families. They are simple, fast, easy-to-follow and use ingredients that are readily-available at local grocery stores.

Interspersed with the recipes are parenting tips and advice to encourage happy mealtimes for the whole family. METRO

Throw-it-together right: Chicken Tray Bake

1. Preheat the oven to 400 F (200 C). Spray a large rimmed baking tray with cooking spray.

2. In a small bowl, whisk together the oil, lemon juice, oregano and salt and pepper to taste.

3. In a medium bowl, toss the chicken with half the dressing. You can allow the chicken to marinate in the refrigerator for more intense flavour (anywhere from 1 to 3 hours) but it's also great if you use it right away.

4. In a separate large bowl, coat the potatoes, zucchinis and onion with the remaining half of the dressing. Scatter the vegetables and garlic on the prepared baking tray. Arrange the chicken on the tray as well.

5. Bake in the oven for 15 minutes. Take out the baking tray and scatter the cherry tomatoes across the top of the vegetables. Return to oven and bake for another 15 to 20 minutes, until the chicken is cooked through and the vegetables are tender.

6. Plate appropriate portions for family members (make mine big, please) from the tray and serve.

Ingredients

- 4 cup (60 ml) olive oil
- Juice of 1 lemon
- 3 tbsp (45 ml) chopped fresh oregano
- Salt and pepper
- 4 chicken wings
- 2 boneless, skinless chicken breasts
- 2 boneless, skinless chicken thighs
- 3–4 lb (1.5–1.8 kg) red potatoes, halved
- 1 yellow zucchini, chopped
- 1 green zucchini, chopped
- 1 red onion, quartered
- 6 cloves garlic, peeled
- 32 cherry tomatoes

ValueVillage

Check out **valuevillage.com** for even more great ideas plus DIY costume how-tos!

#thriftortreat

NBL Canada

Lightning 'really, really' focused on community

Sure, the basketball is important, but London Lightning general manager Taylor Brown said this year's National Basketball League of Canada team will increase its focus off the court as well.

And that means good news for London charities.

"We're really, really going to make it a community team this year," Brown said Wednesday, four days before the team opens training camp. "We're going to get a lot of different charities involved in a lot of different projects."

Brown said there will be 22 players at camp.

"We think we are going to have the strongest training camp we have had in three years," Brown said.

DAVE LANGFORD/METRO

Training camp

- **Sunday:** YMCA centre branch, 4-6 p.m.
- **Monday to Oct. 11:** YMCA, 7:15–9 a.m. and 1-3 p.m.
- **Oct. 12:** YMCA, 8 – 10 a.m. and 3:30 – 5 p.m.
- **Oct. 13:** YMCA, 3:30pm – 5 p.m.
- **Oct. 14:** YMCA, 7:15 – 9 a.m. and 1– 3 p.m.
- **Oct. 15:** Budweiser Gardens, 11 a.m. – 12:30 p.m.

Key dates

- **Oct. 15:** Black & Yellow intra squad game, Budweiser Gardens, 7-8:30 p.m.
- **Oct. 27:** Pre-season game vs. Brampton A's, Budweiser Gardens, 2 p.m.
- **Nov. 2:** Regular-season home opener vs. Mississauga Power, Budweiser Gardens, 7 p.m.

Tennis

Raonic rolls to victory in Tokyo

Milos Raonic may have been tired, but it didn't show.

The third-seeded Canadian downed Japan's Go Soeda 6-4, 7-6 (0) on Wednesday in the first round of the Japan Open in Tokyo.

THE CANADIAN PRESS

Canadiens enforcer George Parros was released from hospital on Wednesday after suffering head injuries on Tuesday night in Montreal. Parros fell face first onto the ice during a fight with the Maple Leafs' Colton Orr, one of five fights in the season opener. RYAN REMIORZ/THE CANADIAN PRESS

NHL still sleeping on realities of fighting

DAVE LANGFORD
dave.langford@metronews.ca

The date was Dec. 12, 2008, and the incident occurred in an Ontario Hockey Association Senior AAA game in Brantford, Ont.

Don Sanderson, a defenceman with the Whitby Dunlops, became involved in a fight with Brantford Blast forward Corey Fulton.

Just before the fight began, Sanderson's helmet came off. During the bout, both players fell to the ice, with Sanderson striking his head.

He passed out briefly, regained consciousness and then went into a coma.

Sanderson, 21, and a York University student, died Jan. 2, 2009, three weeks later.

Fast forward to Tuesday night in Montreal.

George Parros, 33, of the Montreal Canadiens engaged in two meaningless fights with the Toronto Maple Leafs' Colton Orr. They were two of the five fights on the Opening Night card of the NHL schedule.

In the fourth bout of the night, Parros stumbled over his opponent, smashing his face into the ice.

And just like Sanderson five years earlier, Parros passed out, regained consciousness and was taken off the ice on a stretcher.

But unlike Sanderson, Parros will live to tell his story.

And unlike that ugly day in Brantford, we now have the opportunity to learn from our mistakes. And from Sanderson's death.

The fixes need to begin at the NHL level, with rules for needless fighting put into place.

It's easy. Fight and you will be ejected. It's simple, clean and everyone can understand it. It doesn't ban fighting; it increases the consequences.

Don't stop hitting. Keep skating at the highest speeds we have ever seen. Take Don Cherry's national platform away from him.

NHLers are larger, faster and stronger now than they have ever been. The game itself is as entertaining as we have ever seen.

In short, it's a wonderful game. Let's make certain it's a wonderful life.

Parros leaves hospital

Montreal Canadiens enforcer George Parros was released from hospital Wednesday after being treated for a head injury.

- "Medical update on George Parros: he was released from the hospital, suffered a concussion, will be out indefinitely," the Canadiens said Wednesday on their Twitter feed.

OHL. Knights grab 1st-place share with win over Attack

London Knights grabbed an early 3-0 lead and held on for a 4-2 win over the Owen Sound Attack in OHL action on Wednesday night.

The win moved the Knights into a tie for the Western Conference lead with the Guelph Storm, each with three wins.

London took a 1-0 lead in the first period with Chris Tierney's second goal of the season.

Midway through the second, Bo Horvat, in his first game back from the NHL's Vancouver Canucks, scored on a power play. And then at 13:13, Knights defenceman Miles Liberati made it 3-0 before Justin Brack of the Attack scored his first of the season to end Stolarz's bid for his second shutout.

Early in the third, Detroit Red Wing draft pick Zach Nastasiuk closed the gap to 3-2 with a power-play goal through the five-hole on Stolarz.

Referee Mike Marley attempted to close the gap with a questionable delay of the game call on Stolarz at 17:01 to give the Attack a two-man advantage. However, an Owen Sound goalie interference penalty and an empty-net goal by Matt Rupert of the Knights ended the threat. Stolarz is now 3-0 with a 1.67 goals against average after making 35 saves.

Up next, the Windsor Spitfires will be at the Budweiser Gardens at 7:30 p.m. Friday and the Knights travel to Guelph Saturday (7 p.m.).

DAVE LANGFORD/METRO

On Wednesday

Knights	Attack
4	2

4 SPORTS

Cabrera's health a concern going into division series

Miguel Cabrera came close to a historic season this year, but nagging injuries have slowed his production. GREGORY SHAMUS/GETTY IMAGES

MLB playoffs. Tigers hoping their star slugger is healed up in time to face the A's

That sweet swing is still there. No matter how banged up Miguel Cabrera has been, he's always a threat to hit the ball where nobody can catch it.

It's the rest of his duties that have looked more and more painful. Those jogs out of the batter's box became progressively slower — and although Cabrera helped the Detroit Tigers win the AL Central for a third straight year, even they can't be sure what to expect from their best hitter in the post-season.

"He's not 100 per cent," manager Jim Leyland said. "He's been playing in a lot of pain. He's a real tough guy. I think if anybody knew the pain he's playing in, they probably wouldn't believe it."

After winning the Triple Crown in 2012, Cabrera was even better for much of this season. By the end of August, he looked well on his way to one of the American League's best offensive seasons of the last 50 years. His final numbers were still terrific — a .348 average with 44 homers and 137 RBIs — but toward the end, a number of nagging problems began to add up.

"It doesn't matter right now," Cabrera said. "You've got to be ready to play. Go out there and play hard."

Cabrera missed a game in early July with a bad back, and on July 22 against the Chicago White Sox, he exited early with what the team said was a sore left-hip flexor. After missing four games, the star third baseman homered in his first at-bat July 27 against Philadelphia.

That began a pattern in which he would miss time because of one injury or another — but still put up staggering numbers. THE ASSOCIATED PRESS

Penn State scandal

U.S. court denies Sandusky's appeal

Former Penn State assistant football coach Jerry Sandusky should not get a new trial after being convicted of sexually abusing 10 boys, an appeals court ruled Wednesday.

Sandusky, 69, is serving a 30- to 60-year prison sentence at a state prison in Pennsylvania. If he does not get the convictions overturned, he is likely to die in prison.

His case roiled the American sports world and led to the downfall of Hall of Fame coach Joe Paterno, who transformed Penn State into a college football power.

Wednesday's unanimous decision by a three-judge Superior Court panel came barely two weeks after they heard oral arguments by Sandusky's lawyer and a state prosecutor.

Defence lawyer Norris Gelman said he planned to ask the state Supreme Court to review the case. THE ASSOCIATED PRESS

NFL

Brown runs out of time in Arizona

Levi Brown failed to live up to his pedigree with the Arizona Cardinals. The winless Pittsburgh Steelers are hoping a change of scenery might help Brown turn his career — and Pittsburgh's sagging season — around.

Both teams announced Wednesday that the Steelers have acquired Brown for a conditional draft pick.

Levi Brown
GETTY IMAGES FILE

The 29-year-old Brown never appeared comfortable in Arizona after the Cardinals selected him with the fifth overall pick in the 2007 draft, two spots ahead of Adrian Peterson.

As a rookie, he started at right tackle for Arizona's 2008 Super Bowl team, then was moved to left tackle. But he never became the dominant blocker the Cardinals envisioned. THE ASSOCIATED PRESS

NFL

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
New England	4	0	0	1.000	89	57
Miami	3	1	0	.750	91	91
N.Y. Jets	2	2	0	.500	68	88
Buffalo	2	2	0	.500	88	93

NORTH

	W	L	T	Pct	PF	PA
Baltimore	2	2	0	.500	91	87
Cincinnati	2	2	0	.500	81	81
Cleveland	2	2	0	.500	64	70
Pittsburgh	0	4	0	.000	69	110

SOUTH

	W	L	T	Pct	PF	PA
Indianapolis	3	1	0	.750	105	51
Tennessee	3	1	0	.750	98	69
Houston	2	2	0	.500	90	105
Jacksonville	0	4	0	.000	31	129

WEST

	W	L	T	Pct	PF	PA
Denver	4	0	0	1.000	179	91
Kansas City	4	0	0	1.000	102	41
San Diego	2	2	0	.500	108	102
Oakland	1	3	0	.250	71	91

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Dallas	2	2	0	.500	104	85
Philadelphia	1	3	0	.250	99	138
Washington	1	3	0	.250	91	112
N.Y. Giants	0	4	0	.000	61	146

NORTH

	W	L	T	Pct	PF	PA
Detroit	3	1	0	.750	122	101
Chicago	3	1	0	.750	127	114
Green Bay	1	2	0	.333	96	88
Minnesota	1	3	0	.250	115	123

SOUTH

	W	L	T	Pct	PF	PA
New Orleans	4	0	0	1.000	108	55
Carolina	1	2	0	.333	68	36
Atlanta	1	3	0	.250	94	104
Tampa Bay	0	4	0	.000	44	70

WEST

	W	L	T	Pct	PF	PA
Seattle	4	0	0	1.000	109	47
San Francisco	2	2	0	.500	79	95
Arizona	2	2	0	.500	69	89
St. Louis	1	3	0	.250	69	121

WEEK 5

Thursday's game — All Times Eastern
Buffalo at Cleveland, 8:25 p.m.
Sunday's games
Seattle at Indianapolis, 1 p.m.
Jacksonville at St. Louis, 1 p.m.
New England at Cincinnati, 1 p.m.
Kansas City at Tennessee, 1 p.m.
Baltimore at Miami, 1 p.m.
New Orleans at Chicago, 1 p.m.
Philadelphia at N.Y. Giants, 1 p.m.
Detroit at Green Bay, 1 p.m.
Carolina at Arizona, 4:05 p.m.
Denver at Dallas, 4:25 p.m.
San Diego at Oakland, 4:25 p.m.
Houston at San Francisco, 8:30 p.m.

NHL

Wednesday's results
Toronto at Philadelphia
Buffalo at Detroit
Anaheim at Colorado
Tuesday's results
Toronto 4 Montreal 3
Chicago 6 Washington 4
Winnipeg 5 Edmonton 4
Thursday's games
Calgary at Washington, 7 p.m.
Tampa Bay at Boston, 7 p.m.
New Jersey at Pittsburgh, 7 p.m.
Los Angeles at Minnesota, 8 p.m.
Nashville at St. Louis, 8 p.m.
Florida at Dallas, 8:30 p.m.
NY Rangers at Phoenix, 10 p.m.
Vancouver at San Jose, 10 p.m.
Friday's games
Calgary at Columbus, 7 p.m.
Detroit at Carolina, 7 p.m.
Ottawa at Buffalo, 7 p.m.
NY Islanders at New Jersey, 7 p.m.
Los Angeles at Winnipeg, 8 p.m.
Nashville at Colorado, 9 p.m.

CFL

WEEK 15

EAST DIVISION

	GP	W	L	T	PF	PA	Pts
x-Toronto	13	9	4	0	388	337	18
Hamilton	13	6	7	0	327	364	12
Montreal	13	5	8	0	302	361	10
Winnipeg	13	2	11	0	268	421	4

WEST DIVISION

	GP	W	L	T	PF	PA	Pts
x-Calgary	13	10	3	0	408	312	20
x-B.C.	13	9	4	0	378	319	18
Saskatchewan	13	8	5	0	388	299	16
Edmonton	13	3	10	0	316	362	6

x-clinched playoff berth
Friday's games — All Times Eastern
Hamilton at Toronto, 7 p.m.
Saskatchewan at B.C., 10 p.m.
Saturday's games
Montreal at Edmonton, 3:30 p.m.
Winnipeg at Calgary, 6:30 p.m.

MLB

WILD CARD

Wednesday's result
AL: Tampa Bay at Cleveland
Tuesday's result
NL: Pittsburgh 6 Cincinnati 2

AL DIVISION SERIES

(Best-of-5)
OAKLAND VS. DETROIT
Friday's game
Detroit at Oakland, 9:37 p.m.
BOSTON VS. CLEVELAND-TAMPA BAY WINNER
Friday's game
Cleveland-Tampa Bay winner at Boston, 3:07 p.m.

NL DIVISION SERIES

(Best-of-5)
ATLANTA VS. LOS ANGELES
Thursday's game — All Times Eastern
Los Angeles at Atlanta, 8:37 p.m.
ST. LOUIS VS. PITTSBURGH
Thursday's game — All Times Eastern
Pittsburgh at St. Louis, 5:07 p.m.

Horoscopes

♈ Aries
March 21 - April 20
If a friend or colleague insists on what you think is a silly course of action, don't argue about it. Your best strategy is to agree with every word they say. Come tomorrow, they will have forgotten about it.

♉ Taurus
April 21 - May 21
Most times you manage to get your way but today others are determined to deny you what you want. There will be a few cross words before the sun sets. Most will come from you.

♊ Gemini
May 22 - June 21
You feel left out. Everyone but you seems to have something important to do. Why not turn it to your advantage? If others are too busy to watch you then you're free to do as you please.

♋ Cancer
June 22 - July 23
Is a certain relationship worth the effort? That is the question you will be asking yourself today but you must not come to any hard conclusions just yet. Come tomorrow, it won't look as bad as it does now.

♌ Leo
July 24 - Aug. 23
You may be eager to spend money, if only to cheer yourself up, but your extravagance could backfire on you later in the month when various bills have to be paid and you don't have the cash. Be prudent.

♍ Virgo
Aug. 24 - Sept. 23
Try to view a negative situation in a positive way. Most of the "problems" you encounter are not really problems, just everyday events that you have allowed to balloon in size.

♎ Libra
Sept. 24 - Oct. 23
You won't be in the most trusting of moods today. You seem to believe that even your allies are plotting against you. It's all nonsense, of course, and by the end of the week you'll be the best of friends again.

♏ Scorpio
Oct. 24 - Nov. 22
Today's difficult cosmic picture may incline you to gloom and doom but don't let downbeat thoughts take over your mind. Make a list of all the things you have to be thankful for.

♐ Sagittarius
Nov. 23 - Dec. 21
Don't take it to heart if certain people pour scorn on your ideas. It doesn't mean they don't think you are capable of reaching your goals. On the contrary, they know you are and that's what worries them.

♑ Capricorn
Dec. 22 - Jan. 20
Today's Sun-Uranus link may tempt you to scrap everything and start again from scratch but is that smart? Think of all the remarkable things you have done over the years. Don't waste all that good experience.

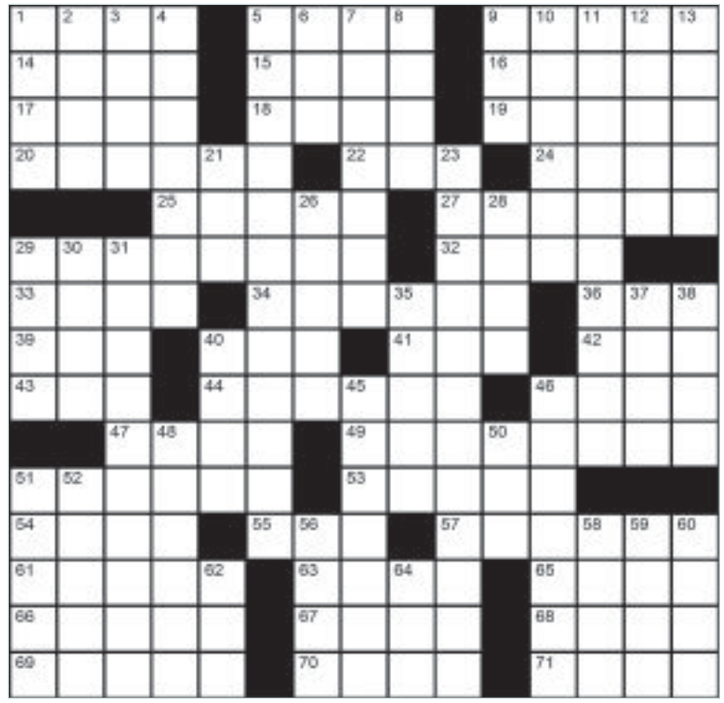
♒ Aquarius
Jan. 21 - Feb. 19
You would love to escape your everyday environment. So why don't you? Pack an overnight bag and head off into the wild blue yonder. Short-term escapism isn't bad.

♓ Pisces
Feb. 20 - March 20
The Sun at odds with Uranus, planet of the unexpected, could bring a nasty financial suprise, but don't panic. Cash flow may be slow but it's not the end of the world. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

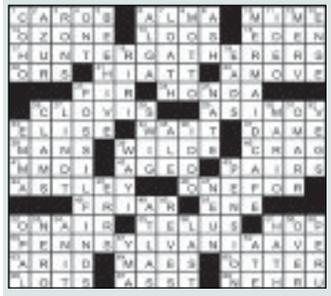
BY KELLY ANN BUCHANAN



Across
1. Puffy li'l props
5. Networks
9. "Pretty Bad Boy" is by which Canadian band?
14. Canadian country songstress Ms. Yates
15. Mine passage
16. Intro-to-French verb
17. Lang. of Rome
18. "Hard Core __" (1996)
19. Wait on
20. Canadian football trophy, __ Cup
22. Chapeau: English
24. Canadian rebel Louis
25. __ finalis (Purpose, in Latin)
27. Devices for detecting
29. City in Quebec
32. Aware of, as a surprise: 2 wds.
33. Its capital is Muscat
34. Soap brand
36. 0 Meridian letters
39. Driveway covering
40. Scribble something swiftly
41. Not he
42. Particular loaf
43. UK record label
44. Ironed pants lines
46. Director Mr. Reiner
47. Margarine
49. Treason
51. Harmless, healthwise
53. Skincare formula
54. Souls: French
55. Nevertheless
57. Drummer on "The Muppets"
61. Coffee serving
63. Deeply absorbed
65. Volcanic rock
66. Traditional toys
67. Prie-__ (Prayer bench)
68. "The __ in Winter" (1968)
69. Rosebud, and others
70. Adam & The __
71. Prince Charles' sister

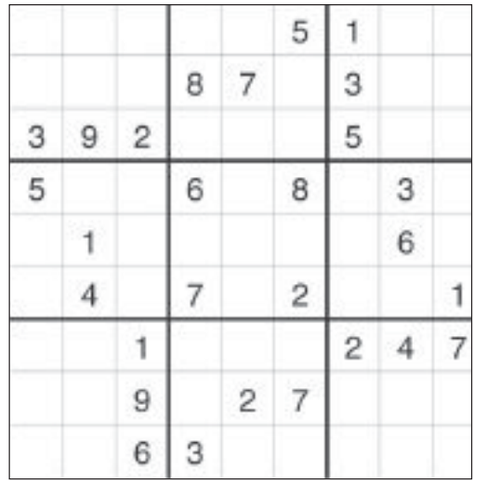
Down
1. 154 in ancient Rome
2. Wee bit
3. Mommy's mom, mini-ly
4. California's techie region, __ Valley
5. Arctic animal grouping sight: 2 wds.
6. Tokyo, once
7. '80s rocker's coiffure look: 2 wds.
8. Ancient portico of Greece
9. Car's fill up
10. Exceed
11. Oscar Wilde novel, The Picture of __ __
12. Scuba-using person
13. Mr. Hershiser's of baseball
21. H2O, in Hull
23. Seven-time WWE women's champ from Richmond Hill, Ontario: 2 wds.
26. Glide on ice
28. L'__ aux Meadows
29. Memorization method
30. Islamic leader
31. Puppet-on-strings
35. Founded in 1946, __ Lauder
37. "__ Breckinridge" (1970)
38. Recount
40. PC image file format
45. Fast from
46. Prince Charles' wife
48. Put for sale, as a house
50. Flee
51. Resists
52. Internet letter
56. Earth goddess in Richard Wagner's opera Das Rheingold
58. City's central street
59. Makeup company
60. "Penny __" by The Beatles
62. Feminine suffix
64. Monogram of our 15th Prime Minister

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

7	8	3	9	4	2	1	5	6
1	5	4	6	7	3	8	2	9
9	2	6	8	5	1	3	4	7
3	7	5	2	1	9	4	6	8
8	9	1	5	6	4	2	7	3
4	6	2	7	3	8	9	1	5
5	4	8	3	2	6	7	9	1
6	1	9	4	8	7	5	3	2
2	3	7	1	9	5	6	8	4

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